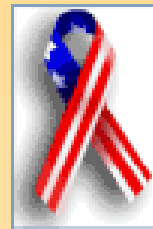




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Stellar Salad Bars





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Outline



- Nutritional basics of salad bar menu design
 - U.S. Dietary Guidelines
 - Food Guide Pyramid
- Nutritional benefits of a stellar salad bar
- Nutrient retention
- Healthy salad bars



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Standard Salad Bar

- Leafy green salad
- Ten fresh toppings
- Separate salad dressing choices
 - Regular (5) and low-fat or fat free (2)
 - Bulk format
 - Oil and vinegar available





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U.S. DIETARY GUIDELINES

AIM FOR FITNESS...

- Aim for a healthy weight.
- Be physically active each day.

BUILD A HEALTHY BASE...

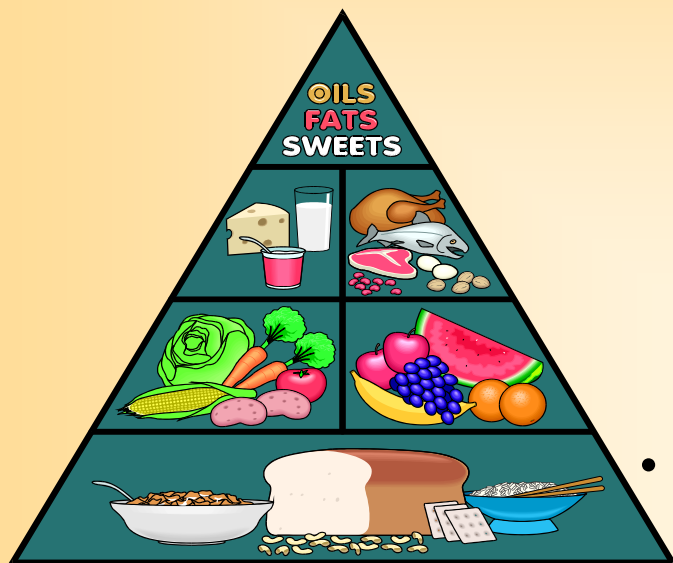
- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

CHOOOSE SENSIBLY...

- Choose a diet low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.



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5 a Day - For Better Health!

- Sponsored by the National Cancer Institute and Produce for Better Health Foundation
- Encourages fruit and vegetable consumption
- Military licensed to utilize this program in DFAC and nutrition education

www.5aday.com





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Army Nutrition Policy on Folic Acid

Benefits:

Prevents neural tube birth defects and may prevent heart attacks and cancer

Policy:

- 2 or more 100% folic acid fortified cereals
- Offer legumes/dried bean dishes 3 times /week other than salad bar
- Display attractive food items high in folate
- Educate diners

Sources



Green leafy veggies

Seeds

Legumes

Oranges

Breads

Fortified cereals



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Vegetarian

Defined as someone who completely avoids animal flesh



***Classified according to the
animal foods they are willing
or not willing to eat:***

OVO: eats eggs

LACTO: eats dairy products

LACTO-OVO: eats eggs & dairy products

PESCO: eats fish, eggs & dairy products

VEGAN: no animal foods

Nutrients of Concern:

Protein, Calcium, Iron, Zinc, Vitamins B12 and D



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Vegetarian Protein Sources

- Most vegetarians meet or exceed protein requirements
- Conscious combining of complementary proteins is unnecessary
- Soy protein can serve as the sole source of protein

VEGETARIAN PROTEIN SOURCES:

Dairy Products (Milk, Yogurt or Cheese) **Eggs** Whole Grains

Legumes Lentils Seeds / Nuts Vegetables

Soy products: Tofu Soy Milk Soy Protein Tempeh Miso
Textured Soy Protein (TSP)



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Nutritional Heroes ***Dietary Fiber***

- Found in plant foods and better known as “roughage”
- Health benefits:
 - normalizes bowel function
 - may reduce risk of:
 - heart disease
 - cancer
 - diverticulosis
 - keeps blood sugar steady
 - aid in weight control
- Dietary recommendation: 20-35 grams per day



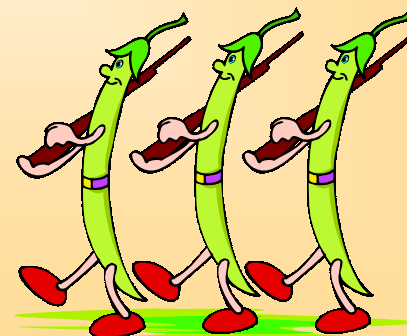


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Nutritional Heroes ***Phytochemicals***

- Beneficial organic substances found in plants that may lead to better human health
- Functions in the human body:
 - some antioxidant properties
 - some change effect of hormone levels
 - some change enzymes that may eliminate carcinogens
- Health benefits - may reduce risk of:
 - cancer
 - heart disease
 - other chronic ailments





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Nutritional Heroes

Antioxidants

- Subcategory of the phytochemical family
- Combats cellular damage caused by free radicals
- Antioxidant nutrients
 - vitamins A, C and E
 - mineral - selenium
 - carotenoids
- Health benefits - reduce risk of:
 - certain forms of cancers
 - heart disease





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Nutritional Heroes

- ***Monounsaturated Fats:***

- Found in large amounts in foods from plants, including olives and olive oil, canola oil (from rapeseed), nuts and seeds, and avocados
- Can reduce risk of heart disease

- ***Omega-3 Fatty Acids:***

- A polyunsaturated fat found in fish, flaxseed and walnuts
- May reduce risk of heart disease, stroke and lower high blood pressure





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Choose a Variety of Grains Daily, Especially Whole Grains



Leader nutrients:

- Energy boosting carbohydrate
- Dietary fiber
- Vitamins and minerals
- Incomplete protein

***Brown or Wild Rice, Couscous, Pasta, Barley, Buckwheat,
Bulgur (Tabbouleh), Millet, Quinoa, Millet, Flaxseed***



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The Power of Flaxseed

Leader Nutrients:

- Omega-3 Fatty Acids
- Phytochemicals
 - lignan (antioxidant)
 - phytoestrogen
- Dietary fiber



Health benefits:

- helps prevent heart attacks
- reduce LDL cholesterol levels
- reduce triglycerides
- battle cancers (breast & colon)
- alleviate arthritis pain



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Choose a Variety of Fruits and Vegetables Daily

- *Leader nutrients:*
 - antioxidants: Vitamin C and beta-carotene
 - phytochemicals
 - dietary fiber
 - vitamins and minerals
- *Health benefits:*
 - reduce risk of cancer, stroke, heart disease, birth defects, developing cataracts
 - management of COPD
 - control high blood pressure (DASH diet)





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Legumes / Lentils

- ***Leader nutrients:***
 - energy boosting carbohydrate
 - incomplete protein
 - phytochemicals (saponins)
 - dietary fiber (soluble)
 - calcium, folate and iron
- ***Health benefits:***
 - may reduce risk of cancer
 - lower cholesterol





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The Power of Nuts and Seeds



- ***Leader Nutrients***
 - monounsaturated fat
 - incomplete protein
 - dietary fiber
 - antioxidant: Vitamin E
 - folate (seeds)
- ***Health benefits:***
 - reduce risks for heart disease, stroke and cancer



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Soy Foods



Leader nutrients:

- Phytochemicals
 - may reduce risk of prostate and breast cancers
 - minimize bone loss
- Complete protein
 - may lower cholesterol
 - great vegetarian protein source
- Dietary fiber
- Calcium and iron



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Nutrient Retention

- Use freshest produce possible
- Store produce properly (temperature)
- Rinse, trim, and cut produce close to serving time as possible
- Limit soaking produce unnecessarily

Enemies of Produce Nutrients:

Heat Light Exposure to Air Storage Time
Alkaline or Highly Acidic conditions
Moisture (Soaking in Water)



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Healthy Salad Bars

- Choose deep colored fruits and vegetables
- Use fats in mixed salads sparingly
- Label low-fat dressings
- Offer olive oil and vinegar
- Complement salad bars with:
 - soups
 - variety of crackers
 - whole grain rolls





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The Salad Bar Menu

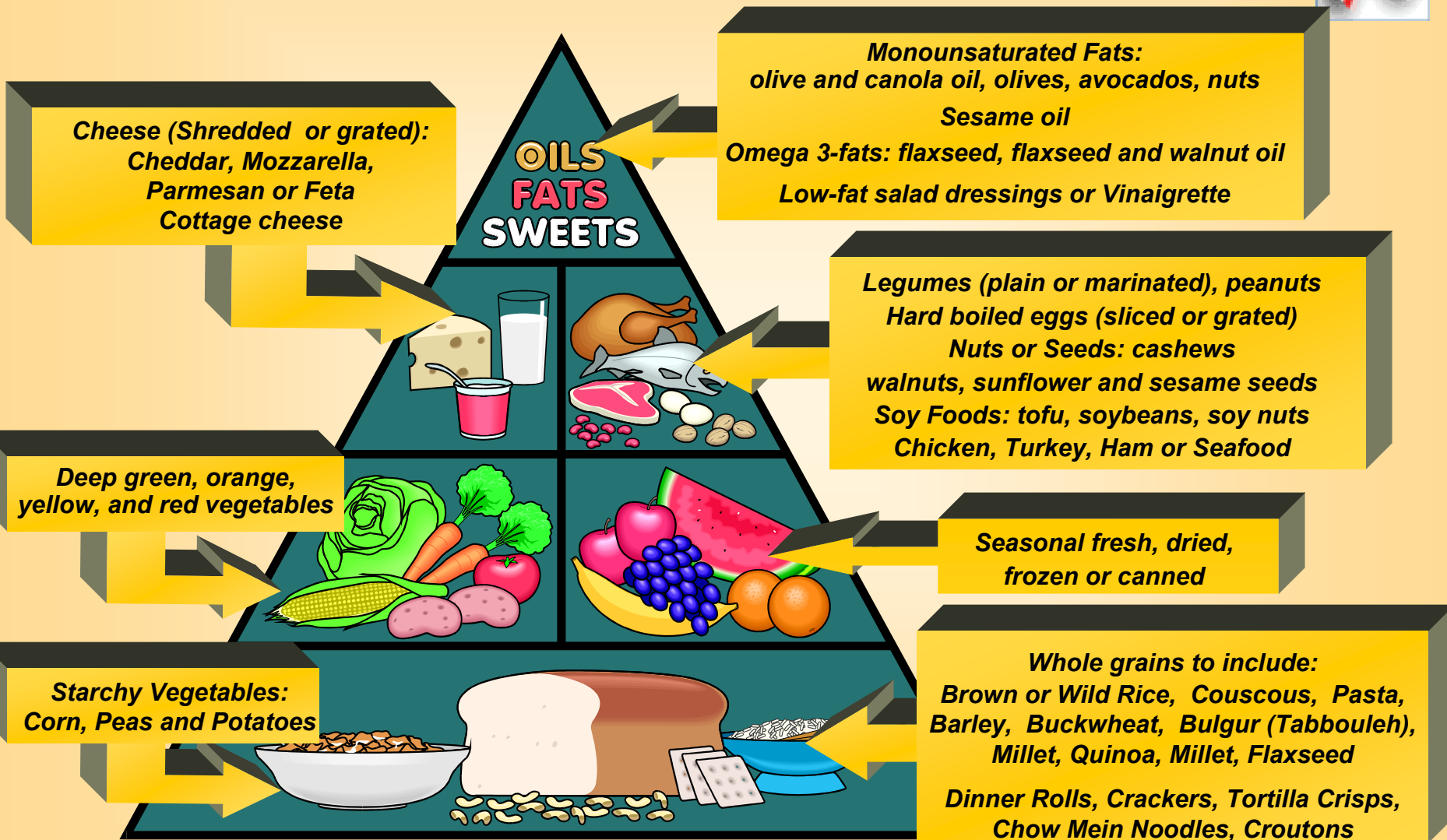
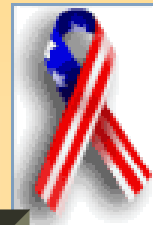
- Offer variety
 - develop a rotational menu
 - use nutritional guidelines
- Use seasonal produce
 - deep colored are best!
- Be creative
 - try new recipes
 - garnish
 - use complementary flavors
- Offer bite sized pieces



- Menu may be limited to:
 - salad bar equipment
 - customer preferences



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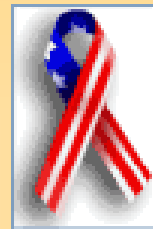


Questions?





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Stellar Salad Bars

